



Profiles in Wellness



Edward Creegan

New York

Without a doubt the most important change in my lifestyle was when I decided to quit smoking.

I was a three pack a day smoker and was experiencing coughing episodes. One day about thirty-five years ago I decided to quit "cold turkey", much to my surprise I succeeded. I had been smoking since I was about sixteen years old and I quit when I was in my late thirty's.

Even though I quit about thirty five years ago, I still have lung damage which requires medication. However, with minimum medication, brief exercise and a substantial loss of weight I feel very good and I lead an active life as a retiree leader. There is no doubt that if I did not quit smoking when I did I would have died many years ago. Now I not only have the pleasure of helping fellow seniors but the unbelievable joy of enjoying my grandchildren for many years.